

March 2016 • Monthly Newsletter of the Royal Oak Seniors

MISSION STATEMENT:

The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities.

Supportive services that promote independence and quality of life are available for residents who are 62 and over or permanently disabled adults.

"The City of Royal Oak's Recreation Department does not discriminate against any program participant or applicant for participation because of race, color, creed, religion, ancestry, national origin, sex, disability or other handicap, age, marital/familial status, or status with regard to public assistance or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination."

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Royal Oak/AARP Tax Aide Program

Mondays & Wednesdays through - April 13, 2016

Doors open at 9:00 am, numbers are passed out beginning at 8:30 am

Service is provided on a first-come, first serve basis.

See Page 4 for more details.

Saturday, March 19 - 2:00 - 4:00 pm "Anyone Can Paint"

A Fundraiser for Tim's Kitchen \$35 per person

Award-winning acrylic landscape artist Steve Wood will provide guidance. No experience necessary. You will be creating a summer scene with background trees, field, wooden fence, grasses, pond and a big leaved tree. All supplies provided as well as refreshments. *Pre-registration required.* **A1010**

Craft Creations - Simple Crafts Made Easy

\$5 fee per class

3rd Wednesdays 10:00 - 11:30 am

Classes will be held on April 20th, May 18th & June 15th. Register for only one, two or three! Creative projects using simple materials to make easy crafts. Project completion from start to finish in a single class. Keep for yourself or give as a gift. All tools and materials included. **C1023**

Antique Jewelry Sales - Coming April 20th & May 4th

An opportunity to purchase jewelry for a reasonable price! 9:00 am - 3:00 pm

Fridays - Fundays - Fridays - Fundays - Fridays - Fundays



March 4 First Friday Bingo at 12:30 pm

March 11 Movie Matinee *(details page 6)*

March 11 Dinner Dance 6 - 9 pm
The Sounds of Jerry Robotka

March 18 Kerry Price presents
"Everybody's Irish on St. Patrick's Day"

March 25 Movie Matinee *(details page 6)*



Mackinac Island Trip October 24 - 27. Three nights at the historic Grand Hotel. Many activities to participate in, or just sit back and relax on the fabulous porch. Cost includes transportation via motor coach, accommodations, breakfast each morning, Luncheon Buffet on Tuesday and Wednesday, tea and cookies each afternoon, five course dinner each night, champagne reception, nightly dancing. Deposit Deadline May 25th. *See Page 3*

*** **EXTENDED TRAVEL** ***

<u>Philly Flower Show/Bianco Tours</u>	March 9 - 12	\$609 pp/dbl
<u>Washington, D.C./Rybicki Tours</u>	April 21 - 25	\$999 pp/dbl
<u>Blue Grass and Smokies/Rybicki Tours</u>	May 13 - 18	\$999 pp/dbl
<u>Southern Charm/ Bianco Tours</u>	May 15 - 20	\$1,065 pp/dbl
<u>Historic Cities of the East/Shoreline</u>	May 22 - 27	\$999 pp/dbl
<u>Mackinac Island - Lilac Time/Shoreline</u>	June 6 - 7	\$379 pp/dbl
<u>Grand Rapids Get Away/Exclusive!</u>	June 23 - 24	\$224 pp/dbl (\$50 deposit)
<u>Grand Experience at Mackinac</u>	October 24 - 27th	\$748 pp/dbl, \$1,019 single, balance due August 30th

*** **DAY TRIPS** *****CLASSICAL Coffee Concert****Fri, 9:15 am- 1:30 pm****\$31 Mid Balcony**

April 22: The Planets by Holst

POPS Coffee Concerts**9:15 am - 1:30 pm****Dress Circle \$49**

June 10 John Williams' Favorites

DIA Series: Art-Making at the DIA**Thursday, March 17 12:15 - 3:30 pm**

You are welcome to come along and tour the museum if you don't want to take part in the fun! DIA staff will provide materials and guide you in making a small piece of "art" to take home. Cost includes transportation via motor coach, art supplies, and cookie reception after the activity. **\$5 T1003SP**

"The Age of Love" Movie Screening/Discussion**Monday, March 21 3:30-7:30 pm**

Madonna University's Aging Studies Dept. is hosting a special screening including a Q & A session with the director and a dessert reception. The film follows 30 adults as they navigate a speed dating event for 70 to 90 year olds. Age does not change the need for companionship and intimacy. Cost includes Senior Bus and film. **\$6 T1018W**

Historical Houses of Worship Tour**Monday, April 4 9:00 am - 4:30 pm**

The Detroit Historical Museum's tours of Detroit-area churches are always the most popular trips of the year! This tour will include: Ecumenical Theological Seminary, Holy Family, St. John-St. Luke UCC, Annunciation Greek Orthodox Cathedral, and Old St. Mary's. Cost includes transportation via Senior Bus (for the entire tour), tours and lunch at one of the stops. Don't wait to register, trip maximum is 12. **\$53 T1013SP**

DIA Series: Lecture at the DIA**Thursday, April 7 12:15 - 3:30 pm**

This lecture, titled "**Cows at the Opera House and Other Museum Mysteries**", explores the many mysteries of the DIA, including stories and images, newly discovered meanings and issues of authenticity. If you would like to just tour the museum, feel free to do that in lieu of the lecture. Cookie reception after the lecture. Cost includes transportation via motor coach, lecture and reception. **\$5 T1004SP**

IF YOU CANCEL, REFUNDS WILL BE ISSUED IF WE ARE ABLE TO FILL YOUR SPACE. A \$5 PROCESSING FEE WILL BE DEDUCTED FROM ALL REFUNDS. SIGN UP EARLY OR THE TRIP MAY BE CANCELLED. FULL REFUNDS ARE GIVEN IF THE TRIP IS CANCELLED BY US OR THE TRAVEL AGENT.



Restaurant of the Month: Victorian Rose Tea House Thursday, March 31st 12:30 - 3:00 pm (Lunch on your own; Avg. \$12) Rochester, Michigan is home to this charming tea room. Guests are served in their "just like grandma's" house with wonderful homemade food, beautifully presented. They are known for wonderful pot pies, quiche, scones, and fresh raspberry dressing. Cost includes transportation via Senior Bus. **\$8 T1019W**

Day Trips continued on Page 15

**Mahany/Meininger
Senior Community Center
3500 Marais**

Royal Oak, MI 48073

(1 block North of 13 Mile Rd.,
between Main & Crooks)

Phone: (248) 246-3900

Fax: (248) 246-3901

**Salter Community Center
1545 E. Lincoln,
Royal Oak 48067**

(10½ Mile Rd, 1 block West
of Campbell Rd.)

Phone: (248) 246-3180

Fax: (248) 246-3007

**Monday - Friday
9:00 am - 4:30 pm**

Senior Citizen Coordinator
Paige Gembarski

Outreach Administrator
Carolyn Marsh

Sr. Recreation Specialist
Barbara Harris

R.O.S.E.S.
Pam Steinmetz
Dorothy LaSure

Typist/Clerk
Susan Mutschler

Van Transportation
Phone: (248) 246-3914
Monday - Friday
9:30 am - 12:30 pm

Carol Haubert, Dispatcher
Cathy Cricelli, Dispatcher

Gentle Reminder

We ask that you do not use perfume or cologne when coming to the Center. Some of our Seniors have respiratory problems and allergies to certain smells. Your consideration is appreciated.



Tim's Kitchen

Enjoy meals, \$3 each, prepared from scratch in the Mahany/Meininger kitchen Monday-Friday. See pg. 12 for the entrees.

- Call (248) 246-3900 to reserve a meal (*at least* one day in advance).
- Call to cancel if unable to attend.
- Meal vouchers available for purchase (for 5 or 10 meals).
- Bus fee is waived if you ride the bus to the Center for lunch.
- Menu subject to change based on availability of food supplies.
- Everyone is Welcome! No age requirement!

Carry-outs available \$3.50
Meals for Homebound Residents

City of Royal Oak

Customer Service Values:

We are a team that values integrity, approaching all situations with a positive attitude, and creating an environment of respect, fairness, and empathy.

Codes of Conduct:

Live the Golden Rule
Embody Honesty
Act with Patience
Take Responsibility
Listen Attentively
Communicate Effectively
Lead by Example
Be Proactive
Live Royal Oak

NOTABLE FOLKS . . .

Tim's Kitchen is always in need of donations. Fortunately, many of the Center's patrons are naturally generous and considerate. Without their generosity, Tim would have a much harder time preparing and delivering such wonderful meals (*and cookies!*, *let's not forget his homemade cookies!*) Thank yous go out to the following patrons;

Bob Hilton
Alex Kraski
Susan McEwan
Mary Rubin
Celia Sawdon
Jessica Sawdon
Joanne Shintaku

Thank You Very Much!

**Royal Oak/AARP
Tax Aide Program**

AARP trained volunteers will assist individuals with free tax help and free e-filing for taxpayers with middle and low-incomes. Preparers will assist with tax forms, including homestead rebate, home heating credit, Federal and State forms. Bring proof of identification, a copy of last year's tax return, Social Security card or statement with SSN on it for you, and all W-2s. Specifics are listed on our flyers at the Mahany/Meininger Senior Center. Donations welcome.



Welcome Newcomers!**Monday, March 7 10:30 am**

Newcomer's orientation is open to anyone fifty or better. Acquaint yourself with the programs and services available at the Center. You'll learn how to register for classes, trips and programs. Meet the staff and receive a complimentary lunch. Call (248) 246-3900 to reserve a spot.

Mah-Jongg Drop-In**Wednesdays 9:30-12 pm****Fridays 1-3 pm**

Experienced players may drop in and play on Wednesday and Friday mornings, no charge.

Drop-In Cards**Rubber Bridge Mondays**

Drop in for Rubber Bridge and bring a partner to play.

\$1.00 12:15 pm**Pinochle Tuesdays**

Drop in for pinochle, meet new friends. **\$1.00 12:30 pm**

Duplicate Bridge Weds.

Drop in with a partner to play duplicate bridge.

\$2.00 12:30 pm**Euchre Thursdays**

Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards.

\$1.00 12:30 pm**Handbells****Fri 12:45 pm Jan 4 - Mar 31**

Experience the fun of ringing handbells with a group. According to director Sylvia Hartsoe, playing handbells keeps the mind sharp and leads to excellent eye-hand coordination. The best time to join the group is in early September to learn the music which will be performed in November and December, or in January for performance from late April to mid-July. Previous ringing experience not necessary, but background with music reading skills is helpful. **\$25/12 wks C1040W**

**Creative Coloring
for Grown Ups****March 7th & 21st****Mondays, 10:30 - 11:30 am**

Relieve your stress and join your neighbors and friends in the fun and relaxation of coloring. **\$2 drop-in fee, includes supplies. C1094F**

Star-Grabbers**Amateur Astronomy Group****2nd & 4th Wednesdays 10 am**

Bill hosts an amateur astronomy club. His enthusiasm for astronomy compels him to share this interesting hobby and instruct individuals on the use of telescopes. Donations are accepted.

Helping Hands**Tues & Thurs 9:30 am**

Do you like to knit or crochet? Drop by and become a part of this worthwhile group that makes blankets and other items for charity. They are currently working with CareNet, Veterans and Beaumont Hospitals, Project Linus and other local organizations. *Donations of yarn are needed. Drop off yarn on the days the group meets*

Senior Sew**Tuesdays 10:00 am**

Come join us for a day of hand quilting, machine piecing quilt tops and socialization. If you're a new quilter and just getting started, we are happy to help. Bring sewing machine and your project. Drop-ins welcome. No fee.

Sit 'n' Knit**Tuesdays 1:00 pm**

Come join in as we knit and visit! Share work in progress, tips and 'show and tell' finished projects. A relaxing visit with others who share your love of knitting or a little knitting help. All knitters welcome, beginners and experienced

Crochet Creations**Thursdays 12:15 pm**

Join the group for an afternoon of stitching your work in progress; pattern discussion and/or help reading a pattern or learning a new stitch. Several times a year we do projects to give back to the community. No charge. Beginners are welcome, we will teach you how to crochet.

BINGO - First Fridays

March 4th 12:30 pm
BINGO Cards \$0.25/each (Maximum of three (3)). ONE Coverall prize at \$5.00. Six (6) regular games with prizes. All revenue from BINGO is used towards future BINGO Prizes. *BINGO is conducted solely for the amusement and recreation of the ROSC guests.*

Are You Connected?**Computer Club****Wednesdays 12:30 pm**

Calling all beginners to experienced computer enthusiasts. All levels join our growing club for computer networking and guest speakers discuss different "cyber" topics of interest.

Mar 2 Open

Mar 9 Larry Kulp

Mar 16 Rodger Gach (Q & A)

Mar 23 Jack Vanders

Mar 30 Open

Ask the Computer Lady!**Tuesdays January 4 - March 26****9:15 - 9:45 am C1081W****12:45 - 1:15 pm C1082W**

Have your questions ready for Marta and be ready for an informative one-on-one session. Bring your laptop or Kindle, learn how to check your email, or make sure your security is up to date. Call ahead to register and pay: **248-246-3900 \$20/ 30 minutes OR \$35/one hour**

Laptop Computer Classes**Tues, 10:00 am Mar 1 - Mar 22**

Set up for beginners and advanced students to bring your own laptop to class and learn to safely use Windows. \$5 material fee due to instructor at first class. Class size limited to 4. Pre-registration, **\$40/4 wks. C1091W**

Get Your "Gadget"**One-on-one class: three 45-min sessions Tues, 11:15 - noon****Dates thru March 29th available**

This three session one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! Remember to bring all cables and power cords along. Call to register for your choice of dates: **248-246-3900 \$60/C1080W**

Hearing Tests/Cleaning Hearing Aids

Tues, March 8 - by appt.

Zounds! will provide free Hearing Tests and Hearing Aid Cleanings the second Tuesday of every other month. 15 min appointments, call (248) 246-3900.

Foot Doctors

Weds., Mar 10th 9 - 11 am

Dr. Robert Adas and Dr. Larry Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Preregister.

Financial Aide

Thurs., Mar 18th 10:00 am

Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Call (248) 246-3900 to reserve your free 30 min appt

**Massage Therapy by Appt
Thurs & Fri Mar 17th & 18th**

Licensed Massage Therapist **Heidi** provides therapeutic massage using the holistic approach. Massages help in reducing muscular and nerve pain and aids relaxation. She provides 35 minute massage session for \$30, or 75 -minute sessions for \$60.

Focus on the News

1st & 3rd Tues. 10:30 am

Tired of talking back to your TV set? Join a fun and lively discussion of local, national and international new issues. Visitors encouraged. We're always looking for new people.

Painting - All Media

Thurs, Mar 3 - Apr 21 9:15 am

Mike Byrne instructs art students of all levels of ability. Special individual attention is given to each artist's chosen discipline. Supply list at sign-up. Pre-registration, **C1093W \$55/8 wks**.

Pastel Drawing Class

Fri, Mar 4 - Apr 29 9:15 am

Mike Byrne will introduce you to the wonderful world of Pastel Drawing and Painting! Beginners through advanced. Supply list at registration. *No class March 25.* Pre-registration, **C1096W \$55/8 weeks**

Kerry Price On Piano

Friday, March 18 12:30 pm

**"Everybody's Irish on
St. Patrick's Day!"**

\$2, payable at the door



St. Patrick's Day Dance

March 11 6:00 - 9:00 pm

Sign up for an evening of live music by Jerry Robotka, and a delicious meal prepared by Chef Tim.

D1006 \$13



Friday, Mar 11th 12:30 pm

Quartet

*Maggie Smith, Tom Courtenay,
Pauline Collins & Billy Connolly*

Dustin Hoffman's directorial debut is a charming concoction set at a British retirement home for musicians and singers. The annual concert to celebrate Verdi's birthday is disrupted by the arrival of Jean, an eternal diva and the former wife of one of the residents. *Rated PG-13 for brief strong language and suggestive humor.*

Friday, Mar 25th 12:30 pm

The Butler

Forest Whitaker, Oprah Winfrey

The story of a White House butler who served seven American Presidents over three decades. The film traces the dramatic changes that swept American society during this time, from the civil rights movement to Vietnam and beyond, and how those changes affected this man and his family.

Rated PG-13 for some violence and disturbing images, language, sexual material, thematic elements and smoking.

Lunch & Learns 11:30 am -

Preregistration Required

LUNCH IS PROVIDED FROM TIM'S KITCHEN FOR ALL WHO REGISTER BY THE DEADLINE: CALL (248) 246-3900. **(SPACE IS LIMITED, REGISTER EARLY)**

THESE PRESENTATIONS REQUIRE ATTENDANCE. FAILURE TO ATTEND TWO "LUNCH & LEARNS" FOR WHICH YOU REGISTERED WILL BLOCK YOU FROM SIGNING UP FOR ADDITIONAL WORKSHOPS IN THE YEAR.

Tuesday, March 22

Seven Super Foods

Karen Bhagwat of Home Care Assistance will be here to share the exclusive "Balanced Care Method", which focuses on nutrition. Eat these seven super foods regularly and add vital nutrients to your diet. *Reg. deadline Mar 17.*

Learn How to Prevent Falls

Mon, March 1 2:30-4:30 pm

A fall presentation workshop for senior and caregivers. Learn to prevent falls, reduce the fear of falling and decrease resulting injuries. **C1001 No fee**

Fall Prevention Class

Tues, Mar 15 - Apr 19 3:00 pm

Learn various balance and strengthening activities to reduce the risk of falling. \$17 materials fee due first class (book). **C1002W \$45/6 wks**

Rejuvenate Your Retirement

Tues, Apr 19 & Apr 26 9:30am

Thurs, Apr 21 & Apr 28 1:30pm

This class provides easy-to-understand information on important lifestyle and financial issues often faced during retirement. Learn how to plan fun and fulfilling activities to stay mentally, physically and socially active; calculate IRS-required minimum distributions from retirement plans, examine how investment returns are taxed; and plan for health care, long-term care, incapacity and end of life decisions. **\$39, spouse or guest no extra charge.**

Chair Yoga Exercises (DVD)**Mondays 10:30 am**

This session is of a "gentle" nature for those who are just starting on a fitness program, or those who must not do strenuous exercise. Drop-in, no fee.

Silver Foxes**Mon-Tues-Wed-Fri 9:30 am**

Exercise along with the Richard Simmons Silver Foxes videotape. This class features a low-impact, aerobic workout for the intermediate exerciser. Each session is designed to increase flexibility and work the heart. No fee.

Sit-Down and Tone-Up**Tues & Thurs 10:30 am**

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight (or bring ankle weights). Work upper body with 1-3 lb. weights. Video workout, free!

**Round Dance****Weds. (Beginners) 2:30 - 4:30pm**
Thursdays 1:00 pm

Renew a basic background in Round Dance. Join the fun - dancing is great exercise. This class instructs phase 3-5 of round dance. **\$1.50**

Intermediate Line Dancing**Fridays 1:00 pm**

Line dancing is not only fun, but good exercise as well and you don't need a partner. Come and learn the hot country line dances. **\$2** payable at each lesson. **NO BOOTS!**

Drop-In Ballroom Dance Class**Mondays 1:00 pm**

Join instructor **Bill Scheff** Monday afternoons to learn all the footwork involved in Ballroom dancing. No partner is needed for participation. Feel free to drop in and watch anytime. **\$5**

Tai Chi Basic & Chen Style太極拳
TAI CHI CHUAN**Thurs, Jan 7 - Mar 24 9:15am**

The movements are slow and fast, twining and twisting, connected with internal spiral energy. It is gentle yet powerful. **\$72/12 C1003W**

Kuratomi Stretching**Wednesdays 10:30 am****C1011 \$32/4 wks Mar 9 - 30**

The Kuratomi Method is inspired by ancient Japanese forms and Jomon to open the body, mind and spirit gently and naturally. Students can grow into the stretches, yet they are immediately effective, and all poses are adaptable to all personal needs.

Gentle Yoga \$18/4 wks**Monday, Mar 7 - Mar 28****9:15 am (C1034)****1:00 pm (C1037)****Thursday, Mar 10 - Mar 31****1:00 PM (C1038)**

Yoga Creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Mat and comfortable clothing recommended.

Water Aerobics**Weds., 8:30 am****Mar 16 - May 11**

Great workout with

water exercises. Including cardiovascular, toning and stretching. Locker room available; bring your own lock, towel, and suit. Leave your valuables at home. Instructor **Cheryl Baugh**. Preregister, **\$36/8 wks C1065W No class 4/6**

**Aqua Zumba****Thurs, 8:30 am****Mar 17 - May 12**

Have fun exercis-

ing, dancing and getting fit. Zumba workout in the water! All levels welcome. Bring water shoes, suit & towel, and a lock: leave your valuables at home. Instructor **Cheryl Baugh**. Preregister: **\$36/8 wks C1066W. No class 4/7.**

**Chair Exercise with Cindy****Fri Feb 26 - Mar 18 10:30 am**

It is appropriate for those who have joint limitations, as well as anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, a water bottle and hand-held weights if you wish. **\$25/6 C1025W**

Healthy Back Class**Wed Feb 24 - Mar 30 1:30 pm**

This class is designed to strengthen and stretch back and core muscles to prevent back injuries that can often result from everyday activities. Bring mat, water and comfortable clothing/shoes. Instructor **Cindy Erlandson**. Pre-register. **\$25/6 C1019W**

Yoga**Tues, Feb 23 - Apr 19****1:00 pm**

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignment and balance. **\$36/8 weeks C1072W. No class on March 8.**

Chair Yoga**Wednesday, 12:30 pm****Feb 24 - Mar 30 \$21/5 C1022W****Friday, 11:30 am****Feb 26 - Mar 11 \$13/3 C1025W**

This class consists of 3/15-min sections, first and last are done seated: the middle section is done standing using a chair for balance. Focus on breathing, relaxation, stretching for flexibility and balance practice which also increases muscular strength.

Pilates/Core Body conditioning**Mon, Mar 7 - Apr 25 10:30 am**

Pilates is a neuro-muscular resistance control method of exercise to help develop strong, flexible muscles and better posture. a basic class with emphasis on gradual progression and strict body alignment and form. Wear loose comfortable clothes, bring a mat. Instructor **Cheryl Baugh, ACSM** **\$36/8 wks - C1087W**

SUPPORT GROUPS

Alzheimer's Support Group

Monday, March 22 10:00 am

You are not alone in trying to cope with a friend or family member afflicted by Alzheimer's Disease.

Aphasia Support Group

Thursdays 10:00 am

A weekly support group meets at the Center for adults with communication disorders. Gain support from others on your road to recovery. Drop-in any Thursday.

Deaf Assistance Group

Wednesdays 9:00 am

Our Center welcomes deaf adults for socialization each Wednesday.

Legal Aid

3rd Thursday, March 17 1:00 pm

Royal Oak Attorney **Kent Schultz** provides free 15-minute consultations to senior citizens. A fee will be charged for additional services. Can't make it in to the center? Call Mr. Schultz (248) 541-2567 to schedule a complimentary home visit. Call (248) 246-3900 for an appointment at the center.

P.A.L. (Positive Attitude Living)

Fridays 10:30 am

PAL is a group of Seniors who meet for a casual discussion on various topics every Friday morning. All are welcome to join us every week or to drop in once in a while.

Royal Oak Seniors RESOURCE CENTER

Check out the resource center brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly.

LOOKING FOR A FEW GOOD VOLUNTEERS!

The Senior Center is always looking to introduce new programs. Do you have a few hours of time to spare each month? Have you recently retired and would like to share your on-the-job experience to help others? Or do you have a skill, a hobby or craft to share? If so, please consider volunteering and enlightening others in our community. Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

TRANSPORTATION

Transportation is available for resident's age 60 or older, and adults who are permanently disabled. Door-to-door service is provided to those with mobility problems who need to be personally escorted to the buses. Handicap lifts are available. Drivers will assist with purchases. Call (248) 246-3914 between the hours of 9:30-12:30 to arrange your transportation needs. Call up to 2 weeks before your appointment, \$3 contribution for each one-way trip or \$4 round trip. Prepaid tickets are available: \$19/5 round-trip tickets. This service is funded and operated by the joint efforts of the City of Royal Oak, SMART Municipal and Community Credits funds and Beaumont Health Systems.



Royal Oak Senior Essential Services (R.O.S.E.S.) provides supportive services to Royal Oak residents aged 62 and over. Clients pay directly to the contracted worker for services. A \$5 annual registration fee is required. Provisions can be made for persons unable to pay. Call (248) 246-3918 Monday-Friday.

- **Home Chore** - If you reside in Royal Oak, you are eligible to have Household tasks such as yard work and housework, laundry and gutters (first level only) cleaned for you. No windows, weeding or wall washing.
- **Home Repair** - Home repairs that do not require a licensed contractor are available to homeowners. Repairs including minor plumbing, carpentry and minor electrical. No roofing.
- **Personal Home Care** - Includes assistance with activities of daily living, bathing, feeding, dressing and help with ambulation.

OUTREACH

Our Outreach Administrator helps residents aged 62 and over obtain needed services. Please call (248) 246-3917 with your concerns about personal care, prescription assistance, housing or any other independent living needs. An in-home visit to assess needs is available through this service at no cost.

ADJACENT GENERATIONAL EXCHANGE (A.G.E.)

Sponsored by a grant from Beaumont Health Systems, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers..

Medical Equipment Loan Closet

(248) 246-3900



The Senior Center has walkers, wheelchairs, bath stools and such available for loan. There is no charge to borrow an item, keep it as long as necessary, and return it to the center in a cleaned state ready to be loaned to the next person in need.

Donations of clean, working durable medical equipment are accepted.

To borrow an item, call so that we can verify that we have the equipment you need; or

To Donate, call to determine if we are currently accepting items that you no longer need.



NEEDS YOU!

Are you capable, hard-working, looking for some additional funding or work opportunity? Like working independently?

Especially needed as Spring arises -

Painters: Residents submit requests to have rooms painted; kitchens, bathrooms, hallways, bedrooms and gathering rooms. Also exterior painting requests - house trim, garages, etc. As a R.O.S.E.S. painter, you are paid for the labor you provide. The customers (residents) are responsible for providing the paint and supplies.

Lawn Service: Residents love to look out at their yards and see healthy, mowed lawns. However, lawn maintenance can be a hardship for seniors. Lawn Service providers for R.O.S.E.S. mow and edge (as needed) to help home owners maintain the yard's appearance and good health. You will need to provide the labor and tools required to get the work completed.

Interested? Please come to the center to complete an application Monday - Friday, 9:00 am - 4:30 pm
3500 Marais, (north of 13 Mile, Bet. Crooks & Main)
All applicants will be subject to a background check.

ROYAL OAK SCHOOLS - A COMMUNITY OF EXCELLENCE

March 2016 Activities

Board of Education Meeting 800 DeVillen
Thursday, March 10 7:00 pm

FINE ARTS EVENTS

All City Band Concert

Tuesday, March 8 7:00 pm
ROHS, Kimball Auditorium

All City Orchestra Concert

Wednesdays, March 9 7:00 pm
ROHS, Kimball Auditorium



Much Ado About Nothing

ROHS, Kimball Auditorium
Friday March 18 7:00 pm
Saturday March 19 7:00 pm
Sunday March 20 2:00 pm

Evening Recreational Swim

RO Middle School 709 N. Washington
September 10, 2015 - March 3, 2016

Family Open Swim

Monday evening 7:30 - 8:30 pm.

Adult Open Swim (lap swimming)

Monday evening 8:30 - 9:45 pm.

Thursday evening 8:45 - 10 pm

Bring swimsuit, towel and lock; NO flotation devices.

Seniors	Adults and Children	Age 3 and Under
Free with Gold Card	\$5	Free

Senior Gold Card

The Senior Gold Card, a complimentary activity pass from the Royal Oak School District for Royal Oak Senior Citizens age 60 and over, includes free admission to:

- All athletic events. (*Exc. State sponsored tournaments*)
- All school drama programs & dance shows
- All vocal & instrumental music concerts
- Evening recreational swim at RO Middle School

Applications are available at the: Churchill Community Education Center, 707 Girard, Royal Oak. For information, please call (248) 588-5050

Alzheimer Support..... 4th Monday, 10 am
Support for families and friends of those afflicted with Alzheimer's Disease.

Aphasia Support Group.....Thursdays, 10 am
Support for adults with communication disorders.

Billiards, Drop-In..... Monday-Friday, 9 am-4:30 pm
Pool tables - 50¢ daily use or \$3.00 monthly.

Billiards, Pool Tournament2nd Thursday, 9:00 am
Singles tournament for those who drop in, \$3.

Bridge, Drop-In Drop in with partner to play bridge.
.....**Rubber** \$1 - Mondays, 12:15 pm
..... **Duplicate** \$2 - Wednesdays, 12:30 pm

Computer Club..... Wednesdays, 12:30 pm
For computer enthusiasts with some experience.

Crochet Creations.....Thursdays, 12:15 pm
Join anytime to learn or refresh your skills, no charge.

Dance - Ballroom..... Mondays, 1 pm
Lessons provided by instructor Bill Scheff, \$5.

Dance – Intermediate Line..... Fridays, 1 pm
Drop-in, \$2.

Dance - Round..... Thursdays, 1 pm
Lessons provided by instructor Lillian Chesney, \$ 1.50.

Dance - Round (Beginners) Wednesdays, 2:30 pm
Lessons provided by instructor Lillian Chesney, \$ 1.50.

Deaf AssistanceWednesdays, 9 am
Join for socialization.

Euchre, Drop-In.....Thursdays, 12:30 pm
Drop-in for an afternoon of Euchre, \$1.

Exercise – Aqua Zumba..... Thurs, 8:30 am
Zumba workout in the water at RO Middle School, pre-register/fee.

Exercise - Chair Yoga (DVD)Mondays, 10:30 am
Drop-in for "gentle," less strenuous exercise, no charge.

Exercise—Chair Yoga...Wed, 12:30 pm; Friday, 11:30 am
Pre-register, fee.

Exercise – Chair w/Cindy.....Friday, 10:30 am
Gentle but effective exercise. Pre-register/fee.

Exercise – Gentle Yoga Monday 9:15 am and 1:00 PM,
Thursday, 1 pm. Slow flow class to strengthen bodies and calm minds. Pre-register/fee.

Exercise – Senior Pilates..... Monday, 10:30 am
Body conditioning exercise. Pre-register, fee.

Exercise - Silver Foxes... ..Mon-Tues-Wed- Fri, 9:30 am
Low-impact aerobics to Richard Simmons video, no charge.

Exercise – Sit Down & Tone-Up Tues/Thurs, 10:30 am
no charge.

Exercise - Tai Chi Thurs., 9:15 am
Chinese exercise of moving meditation, pre-register/fee.

Exercise—Water AerobicsWed, 8:30 am
Water exercises at RO Middle School, pre-register/fee.

Exercise - Yoga Tuesday, 12:45 pm
Increase flexibility & strength with series of movements, postures and breathing techniques. Pre-register/fee.

Exercise - Zumba Gold.....Friday, 10:20 am
Dance your way through a low-impact aerobic workout. Pre-register/fee.

Financial/Investment Aide.....3rd Thursday, 10:00am
Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Free 30 min appointments/pre-register

Focus On the News.....1st & 3rd Tuesday, 10:30am
Fun & lively discussion of current news happenings, free.

Foot Doctor2nd Wednesday, 9 am
Dr. Adas and Dr. Wexler will visit once a month. Pre-Register

Handbells Level II, Friday, 12:45 pm
Pre-register/fee.

Helping Hands Tuesday & Thursday, 9:30 am
Making blankets for charity.

Kerry Price3rd Friday, 12:30 pm
Different sing-along piano programs each month, \$2.

Kuratomi Stretching.....Wednesday, 10:30 am
Japanese forms and Jomon to open the body, mind & spirit gently and naturally. Pre-register/fee.

Legal Aid 3rd Thursday, by appt
Atty. Kent Schultz provides free 15 minute consultations.

Mahjongg, Drop-In...Wednesdays, 9:30 am; Fridays 1 pm
Experienced players may drop in and play.

Massage Therapy.....3rd Thursday & Friday, by apt.
35 min/\$30 and 75 min/\$60 massage sessions.

Monthly Matinee 2nd and 4th Friday, 12:30 pm

Painting Classes.....Thursday, 9:15 am
All media and all stages of development. Pre-register/fee.

PAL (Positive Attitude Living) Fridays, 10:30 am
Meet new friends, enrich your life, share ideas for positive change. Drop-in, no charge.

Pastel Drawing Friday, 9:15 - 11:45 am
Discover the luminous beauty of art through pastel chalks and pencils. Pre-register/fee.

Pinochle, Drop-InTuesdays, 12:30 pm
Drop-in for pinochle, meet new friends, \$1.


Senior SewTuesdays, 10 am
Join us for a day of piecing quilt tops. No fee.

Sit 'n' Knit..... Tuesdays, 1 pm
Join us for a day of knitting. No fee.

Star Grabbers..... 2nd & 4th Wednesday, 10 am
Amateur Astronomy Group. No fee.

Welcome Newcomers!.....1st Monday, 10:30 am

March 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Feb 19 - March 20 	1 9:15 AM Ask the Computer Lady 9:30 AM Silver Foxes 9:30 AM Helping Hands 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Focus on the News 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:45 PM Ask the Computer Lady 12:45 PM Yoga 1:00 PM Sit & Knit	2 8:30 AM Water Aerobics 9:00 AM Deaf Assistance 9:00 AM Tax Aide 9:30 AM Mah Jongg 9:30 AM Silver Foxes 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance -Beginners	3 8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Round Dance	4 9:15 AM Pastel Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM BINGO 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.
7 9:00 AM Tax Aide 9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Welcome Newcomers 10:30 AM Chair Yoga - DVD 10:30 AM Creative Coloring 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga 1:30 PM Water Color Painting	8 ELECTION DAY 9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 10:00 AM Senior Sew 10:00 AM Laptop Class 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:45 PM Ask the Computer Lady 1:00 PM Sit & Knit 1:00 PM ZOUNDS! Hearing	9 8:30 AM Water Aerobics 9:00 AM Tax Aide 9:00 AM Deaf Assistance 9:30 AM Mah Jongg 9:30 AM Silver Foxes 10:00 AM Foot Doctors (appt) 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretch 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance-Beginners	10 8:30 AM Aqua Zumba 9:00 AM Pool Tournament 9:15 AM Painting - All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Round Dance 1:00 PM Gentle Yoga	11 9:15 AM Pastel Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30PM Movie Matinee 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed. 6:00 PM Dinner/Dance
14 9:00 AM Tax Aide 9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Creative Coloring 10:30 AM Chair Yoga - DVD 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga	15 9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Focus on the News 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:45 PM Ask the Computer Lady 12:45 PM Yoga 1:00 PM Sit & Knit	16 8:30 AM Water Aerobics 9:00 AM Tax Aide 9:00 AM Deaf Assistance 9:30 AM Mah Jongg 9:30 AM Silver Foxes 10:30 AM Kuratomi Stretch 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back 2:30 PM Round Dance-Beginners	17 8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Financial Aid (Appt) 10:30 AM Sit Down & Tone Up 10:00 AM Aphasia Support Crochet 12:15 PM Creations 12:30 PM Drop-In Euchre 1:00 PM Round Dance 1:00 PM Gentle Yoga 1:00 PM Legal Aid - By Appt By Appt Massage Therapy	18 9:15 AM Pastel Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Kerry Price 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed. By Appt Massage Therpay
21 9:00 AM Tax Aide 9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:00 AM Alzheimers' Support 10:30 AM Chair Yoga - DVD 10:30 AM Creative Coloring 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga	22 Ask the Computer Lady Helping Hands Silver Foxes Senior Sew Laptop Class Sit Down & Tone Up Get Your Gadget Lunch & Learn Pinochle (Drop-In) Ask the Computer Lady Yoga Sit & Knit	23 8:30 AM Water Aerobics 9:00 AM Tax Aide 9:00 AM Deaf Assistance 9:30 AM Mah Jongg 9:30 AM Silver Foxes 10:00 AM Star Grabbers 10:30 AM Kuratomi Stretch 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 12:30 PM Chair Yoga 1:30 PM Healthy Back Class 2:30 PM Round Dance-Beginners	24 8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:15 AM Tai Chi 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Round Dance 1:00 PM Gentle Yoga	25 9:15 AM Pastel Drawing 9:30 AM Silver Foxes 10:20 AM Zumba Gold 10:30 AM Chair Exercise/Cindy 10:30 AM P.A.L. 11:30 AM Chair Yoga 12:30 PM Movie Matinee 12:45 PM Handbells 1:00 PM Mah Jongg 1:00 PM Line Dance-Intermed.
28 9:00 AM Tax Aide 9:15 AM Gentle Yoga 9:30 AM Silver Foxes 10:30 AM Chair Yoga - DVD 10:30 AM Senior Pilates 12:15 PM Drop-In Bridge, Rubber 1:00 PM Ballroom Dance 1:00 PM Gentle Yoga 1:30 PM Water Color Painting	29 9:15 AM Ask the Computer Lady 9:30 AM Helping Hands 9:30 AM Silver Foxes 10:00 AM Senior Sew 10:00 AM Laptop Class 10:30 AM Sit Down & Tone Up 11:15 AM Get Your Gadget 12:30 PM Pinochle (Drop-In) 12:45 PM Ask the Computer Lady 12:45 PM Yoga 1:00 PM Sit & Knit	30 8:30 AM Water Aerobics 9:00 AM Tax Aide 9:00 AM Deaf Assistance 9:30 AM Mah Jongg 9:30 AM Silver Foxes 10:30 AM Kuratomi Stretch 12:30 PM Drop-In Bridge, Duplicate 12:30 PM Computer Club 2:30 PM Round Dance-Beginners	31 8:30 AM Aqua Zumba 9:15 AM Painting - All Media 9:30 AM Helping Hands 10:00 AM Aphasia Support 10:30 AM Sit Down & Tone Up 12:15 PM Crochet Creations 12:30 PM Drop-In Euchre 1:00 PM Round Dance 1:00 PM Gentle Yoga	March 21 - April 19 
Mahany/Meininger Senior Community Center				

HOT MEALS SERVED BY TIM'S KITCHEN
ALL MEALS \$3.00 *Carry Outs \$3.50*

March 2016 Lunch Menu

Tuesday	1	Swiss Chicken
Wednesday	2	Beef Goulash
Thursday	3	Ham & Cheese Square
Friday	4	Veggie Lasagna
Monday	7	Chicken Parmesan
Tuesday	8	Italian Sausage
Wednesday	9	Pork Chop
Thursday	10	Meatloaf with Gravy
Friday	11	Breaded Fish
Monday	14	Swedish Meatball
Tuesday	15	Chicken & Rice Bake
Wednesday	16	Pasta with Meat Sauce
Thursday	17	Turkey/Cheese on a Bun
Friday	18	Tuna Loaf
Monday	21	Chicken with Broccoli/Cheese
Tuesday	22	Sesame Beef Patty
Wednesday	23	Italian Cheese Square
Thursday	24	Sliced Ham
Friday	25	White Veggie Chili
Monday	28	Shepherd's Pie (Beef)
Tuesday	29	Pork Chop
Wednesday	30	Chicken Salad
Thursday	31	BBQ Meatloaf

HEART SMART



HEART SMART



Call (248) 246-3900, at least one day in advance to reserve a meal (call before 1 pm).

Lunch is served at 11:45 a.m.

Salter Center Book Club

Mon, March 21 10-11:30 am
Are you an avid reader? Would you like to meet with people who share your passion for the written word? This group, brought to you in cooperation with the Royal Oak Library, will meet on the third Monday to discuss a specific book. Coffee and light refreshments served. March's book - **"A Short History of Women"** by Kate Walbert.

Drop-In Pinochle

Wed & Fridays 12:45 pm
Drop in for an enjoyable game of pinochle, meet new friends. **\$1.**

Helping Hands

Fridays 9:30 am
Looking for "Helping Hands" interested in knitting, crocheting or sewing blankets for chemotherapy patients. The Rose Cancer Center at Beaumont has kits available or you can use your own materials to create squares which can then be assembled into blankets for patients. Call (248) 246-3180 for more information. **Donations of 4-ply yarn gratefully accepted.**

Sit Down and Tone Up

Mon - Wed - Fri 9:30 am
A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve balance. Lower body and abs workout by using your legs own weight (or bring ankle weights). You will work upper body with 1-3lb dumbbells (or a couple of soup cans). Drop in, no fee.

Yoga

Thurs. Mar 3 - April 21 10:15 am
Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignments and balance. Instructor Cheryl Baugh. **\$36/8 weeks SA2015.**

DROP-IN-SPORTS
At the Salter Center

Pickleball

- **\$2** per session. *Any individual caught not paying will be asked to leave the gym immediately.*
- Sign-in sheets will be made available 30 minutes before scheduled start time.
- The schedule below begins Tuesday, September 8.

Mondays -

11:00 am-1:00 pm or 1:00-3:00 pm
All levels, East Gym

Tuesdays -

1:00 - 3:00 pm All levels, East Gym
12:30 - 2:15 4.0 & higher, West Gym

Wednesdays -

11:00am-1:00pm or 1:00-3:00 pm
All levels, East Gym
11:00am-2:00pm
3.5 & Higher (West Gym) **\$3**

Fridays -

11:00 am-1:00 pm or 1:00-3:00 pm
All levels, East Gym
5:00-7:15 pm Open to ages 19 & Up, East Gym
12:30-2:00pm 3.5 & Higher mixer, West Gym

Bounce Volleyball

Tues/Thurs 11-1 pm
A slightly slower paced game than power volleyball. This game allows a wider range of skill levels to participate. **\$1** per session.

Tai Chi Chuan

Standing/Chen Style Laojia Yuile
Tues, Jan 5 - Mar 22 10:00am
Instructor Han Hoong Wang provides this class for continuing students. Chen Style is the oldest form of Tai Chi Chuan from which all styles originated. The movements are slow and fast, twining and twisting, connected with internal spiral energy. **SA2013 \$72/12 wks.**

Stretch & Strength Training
(40+ cardio weights & strengthening)
11 am - Noon

Mon, Feb 29 - Apr 4
Weds, Feb 24 - Mar 30
Fri, Feb 26 - Apr 8

Improve your strength, stamina and flexibility. Exercises are adaptable to your own pace and fitness level. Each class includes low-impact aerobics, strength training and stretching. Bring hand-held weights and a water bottle. Wear tennis shoes and loose, comfortable clothing. Classes run continuously except on holidays and scheduled instructor vacation. **Jo Schirtzinger** of Leisure Unlimited, has instructed this class since 1996. *No class 3/25/16*

\$26/6 wks for 1 day; **SA2016**
\$46/6 wks for 2 day; **SA2017**
\$64/6 wks for 3 day; **SA2018**
\$5 drop-in fee

Balance Training (50+)

Fri Feb 26 - Apr 8 12:30pm
This 30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun and innovative exercises keep you smiling and moving! **Jo Schirtzinger**, of Leisure Unlimited, has been fitness teaching since 1994. **\$24/6 wks SA2007** *No class 3/25*



Let's Walk!

Monday-Friday 8:30 - 11:00 am
Strengthen your heart, lungs and vascular system! Improve your circulation! Relieve tension and modify the aging process! Join **Let's Walk!** and enjoy the four seasons briskly walking, at your own pace. Meet at the Salter Center for walking gymnasium laps or outdoors. Track your progress on a mileage log sheet at the center.

CONGRATULATIONS,

NEW WALKERS WELCOME!

March 2016

Monday		Tuesday		Wednesday		Thursday		Friday	
<div>March Flower</div> <div>Daffodil</div> <div></div>		<div>1</div> <div>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</div> <div>Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</div>		<div>2</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In</div> <div>Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</div>		<div>3</div> <div>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</div>		<div>4</div> <div>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Strength & Stretch 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In</div> <div>Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</div>	
		<div>7</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength</div> <div>Drop-In Pickleball 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</div>	<div>8</div> <div>Election Day 8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</div> <div>Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</div>	<div>9</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In</div> <div>Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</div>	<div>10</div> <div>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</div>	<div>11</div> <div>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In</div> <div>Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</div>			
		<div>14</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength</div> <div>Drop-In Pickleball 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</div>	<div>15</div> <div>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</div> <div>Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</div>	<div>16</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 12:45 PM Pinochle, Drop-In</div> <div>Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</div>	<div>17</div> <div>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</div>	<div>18</div> <div>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 12:45 PM Pinochle, Drop-In</div> <div>Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</div>			
<div>21</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 10:00 AM Book Club 11:00 AM Stretch & Strength</div> <div>Drop-In Pickleball 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</div>	<div>22</div> <div>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</div> <div>Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</div>	<div>23</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In</div> <div>Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</div>	<div>24</div> <div>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</div>	<div>25</div> <div>8:30 AM Let's Walk 9:30 AM Helping Hands 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:30 PM Balance Training 12:45 PM Pinochle, Drop-In</div> <div>Drop-In Pickleball 11:00 AM All levels (E.gym) 12:30 PM 3.5 + higher W.gym 1:00 PM All levels (E.gym) 5:00 PM Ages 19+ (E.gym)</div>					
<div>28</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength</div> <div>Drop-In Pickleball 11:00 AM All levels (E.Gym) 1:00 PM All levels (E.Gym)</div>	<div>29</div> <div>8:30 AM Let's Walk 10:00 AM Tai Chi Chuan 11:00 AM Bounce Volleyball</div> <div>Drop-In Pickleball 12:30 PM 4.0 + higher W.gym 1:00 PM All levels (E.gym)</div>	<div>30</div> <div>8:30 AM Let's Walk 9:30 AM Sit Down/Tone Up 11:00 AM Stretch & Strength 12:45 PM Pinochle, Drop-In</div> <div>Drop-In Pickleball 11:00 AM 3.5 + higher W.gym 11:00 AM All levels (E.gym) 1:00 PM All levels (E.gym)</div>	<div>31</div> <div>8:30 AM Let's Walk 10:15 AM Yoga 11:00 AM Bounce Volleyball</div>	<div>March Gemstone</div> <div>Aquamarine</div> <div></div>					
Jack & Patti Salter Senior Community Center									

*** **DAY TRIPS** ***

(continued)

Motor City Brass Band - Festival of Bands**Sunday, April 10, 2016 2 - 6 pm**

Michigan's first competitive British style brass band strives to spread a love of the brass band sound and philosophy throughout Michigan. In 2010 they inaugurated the Motor City Festival of Bands. This event has brought together some of the finest community and brass bands from across the state to perform separately, and as a massed band. Witness the phenomenal sound and presence of 300+ musicians from these bands: Ferndale Community Concert, Flint Concert, Oakland Community College, Warren Concert and, of course, the MCBB. Cost includes the concert and transportation via Senior Bus. **\$21 T1016SP**

"Love Letters" at the Fisher Theater**Thursday, April 14, 2016 11:00 am - 3:30 pm**

Ali McGraw and Ryan O'Neal starred together in the iconic film "Love Story". Now, 45 years later, they're starring in a national tour of the play Love Letters, a new play about first love and second chances. Their on-stage chemistry is getting rave reviews! Pre-show luncheon (croissant Sandwich Buffet) at the Fisher Theater's Spotlight Room included! Cost includes transportation via Senior Bus, luncheon and performance. **\$92 T1015W**

Thurs April 28	Weds May 4	Mon May 9	Tues May 10	Thurs May 26
Zehnder's Ragtime Festival	"Midtown Madness"	"Chubby Checker" at Soaring Eagle	Tulip Time	DIA Series - Movie Screening
\$60	\$67	\$43	\$94	\$5

FUTURE DATES FOR DAY TRIP FUN!**MARK YOUR CALENDARS!****JUST A REMINDER!** If you are traveling with us:

- Arrive 15 - 30 min. ahead.
- CHECK-IN with a staff person.
- Park in the farthest north row of our lot (Look for Trip Parking signs).

*All trip dates, descriptions and prices are subject to change.***FAVORITE ACTIVITIES HERE AT THE CENTER****EUCHRE PLAYERS**

Join us for Euchre Thursdays at 12:30 pm

Jan 14th Joe Vestrand
Jan 21st Helen Beckman
Jan 28th Barb Rosewarne
Feb 4th Ann Schrack

Well Played Euchre Players!**POOL TOURNAMENT (monthly)**

Dust off that pool cue. Pool tables are at the Center for your use: \$0.50/day or \$3/month. Then sign up for the monthly tournament - 2nd Thursday of the month.

January winners

First Place Team: Cliff Alvira & Jim Dickinson
Second Place Team: Tom Wargo & John Beauchamp
Third Place Team: Randy Wright & Fred Fields

